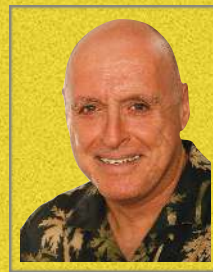


# THE EXTRA POINT

BY JERRY ROBERTS



## # 504 Take This Test for Job and Life Enjoyment

I've got a simple test waiting for you, and I know you, unlike so many others, are going to get an A. I'm Jerry Roberts and today, that quiz may well determine how much you'll enjoy your job...how much you'll enjoy your life. That's coming next on The Extra Point.

"So what kind of test will help determine how much I enjoy my job and my life?"

Well, before we get to that, let me tell you about my friend Chris. They call him Crazy Chris because sometimes he does things that are sort of...crazy.

You see, one of Chris's relatives passed away and left him \$86,000. Actually, it was \$86,400 and on the day he got the check he ran down to the bank and cashed it, then stuffed his pockets with all \$86,400.

On the way out of the bank his cousin Maria — they call her Malicious Maria — saw Chris with money hanging out of his pockets and she grabbed a \$100 bill and ran away with it. Chris was furious, and it made him crazy.

Chris got so crazy that he took the rest of the money and threw it in a trash can, then stormed away.

When Crazy Chris got home his wife, Laurie — they call her Level-headed Laurie — asked him if he deposited the money in the bank. Chris told her what had happened and how it was all Maria's fault that he blew his entire inheritance. That made Level-headed Laurie pretty crazy.

She said, "Chris, how could you let someone taking one tenth of one percent of your money, one tenth of one percent, throw you into a tantrum where you dumped the rest of it?" Chris just stood silently and shook his head.

What we just did actually was the test I referred to.

Now, of course, you would never throw 99.9% of your money away because somebody grabbed that one tenth of one percent. Would you? The thing is, this is exactly what happens in far too many workplaces in Guam and everywhere else. Maybe it happens in yours.

We each get 86,400 seconds in each 24-hour day. What we often see is a few moments of conflict between two people, maybe just a minute or two, or about one tenth of one percent of their 86,400 seconds — and one or both of them allow that to ruin the rest of their day and often their night, too.

Let's make this personal. Have you ever allowed a few moments of negativity to toss you off your tracks for a day, where you were so upset it was hard to focus and be productive?

Sometimes it's on the job and sometimes it's at home, where things happen to make us a little crazy. That's when our emotional controls should kick in and we reason with ourselves, seeing the bigger picture.

We can fault Malicious Maria for taking some of Crazy Chris's money, but that's as far as it goes. We cannot charge her with responsibility for Chris throwing away the rest. We can hold people accountable for the conflict they create, but not for how we think about it and deal with it. That is our responsibility and ours only.

When we fully embrace this truth, we'll be on our way to a better career and happier life.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

**THE POINT**  
93.3 FM / 1350 AM / 104.3 FM HD-3

**GUAM TRAINING**